



Newcomer Youth Leadership Development Program

OCTOBER 2026 CALENDAR

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| OCTOBER 6 & 22
4:00PM – 5:30PM | Meal Planning in Collaboration with YESP
In this interactive workshop, you will have the opportunity to learn how to plan meals, learning how to save favourite meals ideas, posting a grocery list and reusing recipes. |
| OCTOBER 7
4:00PM – 5:30PM | Employment – Communication and Public Speaking
NYLD is talking all about how to be an effective communicator, and focusing on helping you practice speaking in public! |
| OCTOBER 14
4:00PM – 5:30PM | Cleaning the Capital
Let's give back to our community! Join us for a Capital Cleanup Day where we'll work together to keep our city clean and make a real impact. Volunteer Hours are available to earn for this event! |
| OCTOBER 15
4:30PM – 6:00PM | Open Gym
Time to move and have some fun! Join us for a chill but active gym session where you can play. Laugh, and stay energized with other NYLD youth. |
| OCTOBER 21
4:00PM – 5:30PM | Finding your first job in Canada: Recreation
Interested in working in recreation but not sure where to start? Hear from guest speakers in the field and learn how to find your first recreation job in Canada. |
| OCTOBER 24 & 31
Times May Vary | Halloween Family Fun Day Volunteering
Join NYLD for a Halloween Family Fun Day! Earn Volunteer Hours, support fun activities, and gain valuable experience while giving back to the community. |
| OCTOBER 28
4:00PM – 5:30PM | Digital Safety collaborating with iSisters
Learn how to spot online scams, fake job postings, suspicious links, and AI-generated content while protecting your passwords, privacy, and personal information. |
| OCTOBER 29
4:30PM – 6:00PM | Open Gym
Time to move and have some fun! Join us for a chill but active gym session where you can play. Laugh, and stay energized with other NYLD youth. |

To register and for more information,
please call, text, email, or send us a WhatsApp/Instagram message



343-999-2067 or 613-851-3300 |



nyld@ymcaottawa.ca |



@nyldottawa